Visualizing and Predicting Heart Diseases with an Interactive Dashboard

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Project Name	Visualizing and Predicting Heart Diseases with an Interactive Dashboard

Exploration Of BP by Age

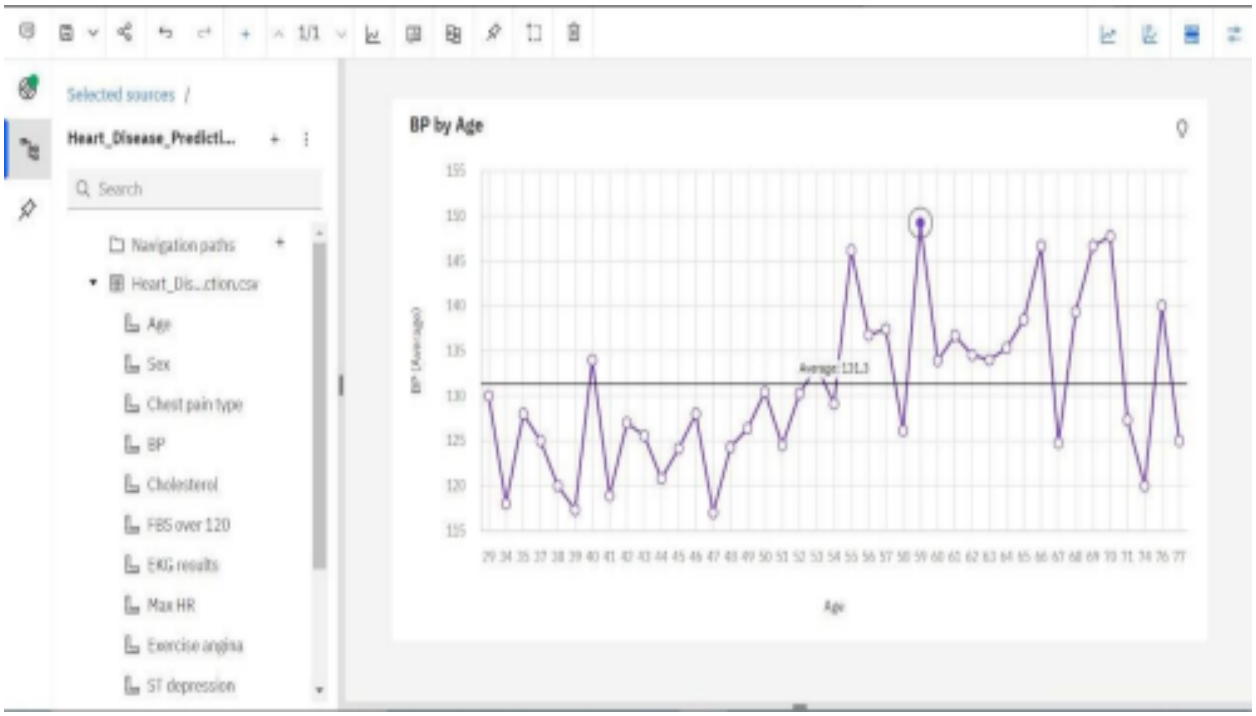
We intend to plot the BP values versus age, we must think of age as a dimension in this situation. We may visualize all BP values existing in the dataset related to their age by changing the age from a measure to a dimension.

The rise in blood pressure with age is a major risk factor for cardiovascular and renal disease, stroke, and type 2 diabetes mellitus. Age-related increases in blood pressure have been observed in almost every population, except among hunter-gatherers, farmers, and pastoralists.

An age-related increase in blood pressure is viewed as a universal feature of human aging. Among Westerners over age 40 years, systolic BP (SBP) increases by ≈7 mmHg per decade. Epidemiological surveys show a progressive increase in SBP with age, reaching an average of ≈140 mmHg by the eighth decade. Diastolic BP (DBP) also increases with age but at a lower rate than SBP; DBP may even fall at late ages. Women show lower SBP and DBP than men up until the age of menopause, when women's SBP surpasses that of men. By age 70 years, more than three quarters of US adults have hypertension.

Your body's network of blood vessels, known as the vascular system, changes with age. Arteries get stiffer, causing blood pressure to go up. This can be true even for people who have heart-healthy habits and feel just fine.

Blood pressure range	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	Less than 120	and	Less than 80
Elevated	120–129	and	Less than 80
Hypertension stage 1	130–139	or	80–89
Hypertension stage 2	140 or higher	or	90 or higher
Hypertension crisis	Higher than 180	or	Higher than 120



The standard unit of measure, mm Hg, stands for "millimeters of mercury."